



family challenge

March 30, 2020

# Contentment

*“...I have learned to be content  
whatever the circumstances.”*

**- Philippians 4:12**

**I will be happy with what I have.**

**I will not compare myself to others.**

**I will focus on helping those with less.**

**I will be grateful.**

# Family Activities

## Contentment without Complaining

*Items Needed - Bracelets*

Despite the ups and downs in life, it is beneficial to try and learn to be content despite the waves that crash around us. It has to be grounded in knowing there is a bigger, powerful God who has things under control and loves us deeply. It takes faith because we can't always see or understand how God works. However, trusting in His faithfulness is one way to help us remain content. This is easier said than done. We can all find a lot of reasons to complain, but it is better to learn to be content, despite the challenges in life.

Make sure you have a bracelet for every family member. You can spend time creating something "crafty," buy bracelets from the store, or just use rubber bands. If you want to create something of your own that says "Be Content," that's even better. Once everyone has a bracelet, put them on and play this game for a week. The goal is, simply, to keep your bracelet on. However, if you complain, off comes the bracelet. The goal is for everyone in the family to have a day without complaining.

## Water Color Contentment

*Items Needed - Water Colors, Paper, Computer and Printer or Markers*

Type out (or write) the quote and Bible verse below. Make enough copies for each child. Then, get out the water colors and let them paint away. Discuss the quote and verse with your family, and hang up their artwork as a reminder for us to remember what it means to be content.

*"Contentment is not the fulfillment of what you want,  
but the realization of all that you already have."*

*"...be content with what you have, for he has  
said, 'I will never leave you nor forsake you.'"  
(Hebrews 13:5b)*